

The Times-Dispatch

Published every day in the year by
The Times-Dispatch Publishing Co., Inc.
THE TIMES-Dispatch, founded 1888.
THE DISPATCH, founded 1830.
Address all communications to
THE TIMES-DISPATCH.
Telephone.....Randolph 1
Publication Office.....10 S. Tenth Street
South Richmond.....1020 Hull Street
Petersburg.....100 N. Sycamore Street
Lynchburg.....218 Eighth Street
Innsbrook, Story & Brooks, Inc.,
Special Advertising Representatives,
New York.....200 Fifth Avenue
Philadelphia.....1000 Market Street
Chicago.....People's Gas Building

SUBSCRIPTION RATES:
BY MAIL.....One \$12 Three One
POSTAGE PAID.....Four \$36 Six \$54
Daily and Sunday.....\$6.00 \$3.00 \$1.50
Daily only.....4.00 2.00 1.00
Sunday only.....2.00 1.00 .50
By Times-Dispatch Carrier Delivery
Service in Richmond (and suburbs) and
Petersburg.....15 cents
Daily with Sunday.....15 cents
Daily without Sunday.....10 cents
Sunday only.....5 cents

Entered January 27, 1905, at Rich-
mond, Va., as second-class matter un-
der act of Congress of March 3, 1879.
MONDAY, JULY 6, 1914

Villa and Carranza have reached an
agreement. Carranza remains first
chief, and Villa continues to do as he
pleases.

The Stars and Stripes.
Theodore Roosevelt made the Stars
and Stripes the instrument of a fake
revolution for gain; Woodrow Wil-
son would make it a symbol of free-
dom for oppressed mankind. Theod-
ore Roosevelt turned it over to a
private corporation that the United
States might share in the rewards of
its piracy; Woodrow Wilson dreams
of the time when it shall be "the
flag not only of America, but the flag
of humanity."

And yet Theodore Roosevelt dares
to accuse Woodrow Wilson of be-
traying the national honor.

Bull Moose papers complain that
President Wilson is making use of "P.
R.'s phrases when he speaks of "po-
litical righteousness" and "a square
deal." The difference is, however, that
Mr. Wilson makes use of them, while
the Colonel just used them.

What It Proves.
That Great Britain did not use
pressure to induce the United States
to repeal the tolls exemption clause
of the Panama Canal act is regarded
as a vindication of President Wilson
from the absurd charge of cowardly
surrender to foreign coercion. It is;
but it also acquiesces Great Britain
of the unfriendly act of pressing, at a
most inopportune time for the United
States, a question which it could have
allowed to wait without hurt to it-
self. To our mind, this is the fact
of greater importance, for, while few
believed the hysterical charges of the
Hearst type of jingo, many have
doubted the sincerity of Britain's
friendship for this nation.

"At latest accounts," says the Albany
Journal, "the man who hit a Chicago
policeman three times was expected to
recover." The twentieth century has
certainly witnessed marvelous progress
in medical science.

A Matter for Caution.
Alfred P. Thom, general counsel
of the Southern Railway, warned the
Interstate Commerce Committee of
the Senate recently that legislation
now pending might impair the use-
fulness of the railways in the line
of industrial development. A bill the
committee has under consideration
sharply limits and defines all expendi-
tures of capital and surplus.

As Mr. Thom indicated, if the rule
is loosely drawn it may militate
against such work as boll weevil pre-
vention and farm demonstration, in
which the Southern now is engaged.
The Southern, the Seaboard and the
Atlantic Coast Line—Southern rail-
roads generally, for that matter—are
spending large sums to encourage
agriculture and industry along their
rights of way, as well as to induce
immigration of the acceptable sort.

All these carriers have organized
and efficient industrial departments,
which, although of comparatively re-
cent origin, already have proved their
efficacy. If the activities of these
departments should be curtailed by
statute, one of the agencies making
distinctly for the development of the
South would be either impaired or
embarrassed.

There is little doubt that Congress
will take the steps necessary to fore-
stall any occurrence of this nature.
The legislation under discussion does
not contemplate crippling or ham-
pering the railways. Its central ob-
ject is to guard against the recur-
rence of some of the manifest abuses
of the past. That end can be accom-
plished without working an injury
to the railroads or the section
through which they pass and upon
the prosperity of which they depend.

There are said to be 250,000 insane
people in the United States. If all of
them could just be herded into one
district the Republicans might elect a
Congressman next November.

Banks Abroad.
The National City Bank of New
York is the first big financial insti-
tution in the country to take advan-
tage of that part of the new currency
law which permits national banks to
establish branches in foreign coun-
tries. The National City is now
making arrangements to open
branches at Rio de Janeiro, Brazil
and Buenos Aires, in the Argentine.

The action of this powerful insti-
tution probably will be precursor of
the inauguration of similar policies
by other banks in all the important
commercial and financial centers.
Once the movement becomes general,
we shall see inaugurated a new era
in the foreign trade relations of this
country.

One of the radical weaknesses of
our foreign trade has heretofore been
an almost absolute lack of banking
facilities abroad. We have been
forced chiefly to clear through

branch banks of England, France and
Germany. That handicap did not,
of course, work to the progress of
our trade. We had to defer to what-
ever competitor had adequate finan-
cial representation. And, as a re-
sult, we have failed to gain abroad
that foothold which our resources
should have warranted.

This condition will or should be
corrected by the branch banks that
now will be established as fast as the
machinery can be set up. A feature
that is particularly encouraging is
that the beginning is to be made in
South America, where lies one of the
most promising as well as one of the
most neglected fields for commerce
from the United States.

If we can plant our industries thor-
oughly throughout the Argentine and
Brazil, sending there our best types
of business men, we shall soon dis-
sipate the prejudice against Ameri-
can business men that still lingers in
Latin-America. And with progress
in South America, there will be a
definite inducement to begin the same
sort of missionary work in China
and the Orient generally.

The founding of American branch
banks abroad is only one advantage,
but a very tangible one, accruing
from the new currency system.

Many a rich old man out wife hunt-
ing when, if he just knew it, success would
be his if he were just older.

Commission for States.
State Senator Smith, of Louisiana,
is preparing to introduce in the Sen-
ate a bill bringing Louisiana under a
form of commission government. His
measure provides for the abolition of
the General Assembly and the sub-
stitution thereof of a council of eight
members, one from each congressional
district.

The country is thoroughly familiar
with commission government for mu-
nicipalities. It is to-day in effect in
several hundred cities, and while it
is no longer a fad as it used to be,
it seems to be giving reasonable satis-
faction.

Whether the plan would prove
practicable if applied to States is an-
other matter. The presumption
should be favorable. One weakness
of State governments to-day, as of
city governments, is duplication of
functions and absence of specific re-
sponsibility. Administrative and leg-
islative machinery is too clumsy. It
is nearly impossible to place blame
for inefficiencies and breakdowns in
States as in cities, because of the
scattering that goes on the moment
criticism is turned loose.

The commission plan has the vir-
tue of the short ballot plan. It con-
centrates the mind of the voter on a
few men, does not confuse him, and
enables him to judge with greater
precision. As an illustration, de-
spite the waste of Congress and its
inefficiency, and the same qualities in
the departments, it is easier for the
Federal government to get things
done than the States. Concentration
of method and authority is the expla-
nation.

If the Louisiana experiment is suc-
cessful, we may expect to see as much
interest taken in it as in municipal
commissions when first these became
fashionable.

Louisiana Bull Moosers will turn out
to be like all the rest of them—great
at making noise, but short on votes.

Efficiency, Not Years.
Vice-President Marshall declared
recently that "this is the young man's
age." He went on to say that "the
old man is being shoved off the stage
everywhere. Failing physical vision
is assumed to mark a like dimness
of intellectual sight."

The amiable Vice-President has no
monopoly of these views. We have
had it dinned into our ears for the
past decade, or more, that the old
man must be laid on the shelf and
right-of-way given the youngsters.
Come to think about it, the same cry
has been raised in about every cen-
tury. And the middle-aged and old
men have gone along doing the
world's business, or their share of it,
at the same old stand.

If in all history there ever has
been an age that discounted years in
favor of efficiency, it is the one in
which we live. The talk about the
gray in a man's hair being the signal
for the "pick stick" is not quite as
cruel as it is absurd. Men keep their
jobs nowadays as long as they retain
that intangible quality known as
"punch," or virility. When they lose
it they are "scrapped," whether twenty
or seventy.

A factor working on the side of this
condition is our greater knowledge of
hygiene and health conditions. Men
are finding how to preserve youth and
buoyancy. They are discovering the
inducers of age, those influences that
harden the arteries and slow down
the digestion. The Vice-President
overlooked these facts. He slipped
upon an old and perfectly respect-
able tradition—superstition, rather—
without taking the trouble to check
up his data.

Article about Mary Garden in Ameri-
can Magazine says: "She reveals her-
self in a way that is refreshing, while
at the same time contributing valu-
able information." We don't know
about the value of the information, and
we can't see how any one but Mary
can be refreshed, and she only in hot
weather, but there's no doubt about
the revelation part of it.

A cup was recently presented to
Thomas Lipton at a banquet, but Tom
has to go after the cup he really wants.
Brother Amos couldn't kick Perkins
out of the Congress party, but leave
it to Tom to pull him back into the
Republican party.

Colonel Roosevelt defends Useful
George for the same reason. He dis-
covered both.

Sure, George Wealthy Perkins is no
rubbish stamp. He uses a pen to sign
his fine fare.

One way to stop fake prize fights is to
forbid the moving pictures to show.

Wayside Chats With Old Virginia Editors

The Peninsula Enterprise is an ex-
ample of the many newspapers in the
State which approve the President's
determination to push antitrust legis-
lation at this session of the Congress.
"The country at large will applaud this
determination," it says. "The anti-trust
bills are the crystallization of
public demands, long unheeded by
Republican administrations and Con-
gresses."

"The calamity howlers in and out
of Congress may yell themselves hoarse
about the country going to the demni-
tion house-works," says the Suffolk
Herald, "but the sober thinking busi-
ness men of the country only give them
the horse laugh." Won't some-
body please come along and take up
for these fellows? Everybody seems
to be "picking on" the poor old can-
lamity howlers.

The Norfolk Virginian-Pilot thinks
the President has already done enough
for the editors to the detriment of the
newspaper business and of the govern-
ment business. It doesn't believe
good newspaper men can be spared,
and it doesn't believe that those who
are taken down will get their new-
spaper jobs as at their old. Still the editor
of the Virginian-Pilot is said by our
grandfather, who claims to remem-
ber, to have made a very good Govern-
ment.

"As a general rule, the children who
do not go to school are more in need
of education than the children who do
attend," says the Newport News Press.
"For most of those who are sent to
school would receive some instruction
in any event, whereas the poor little
chaps who do not attend are the chil-
dren of delinquent parents who do not
care for the welfare of their offspring,
but permit them to grow up without
moral or intellectual training." This
is a point well taken and one which
every parent should ponder. Those who
think first of the rights of the man-
ants and forget the rights of the chil-
dren.

The Press paraphrases an interesting
statement, which it says was made
at some time ago by Major Dooley, of
Richmond. Major Dooley, it says,
made a strong plea for compulsory
education, "when he said in public
maneuvers, 'I am a member of the
taxed him to support the public school
under the plea that public education
was necessary to stamp out the disease
of ignorance, and then allowed a
large percentage of the children to
grow up without education. The State
was either taxing him under false pre-
tenses or was not giving him a quid
pro quo for his money.'" In other
words, compulsory education is the logi-
cal result of free education.

"The way the Taft and Roosevelt
men are getting together in the Ninth
Congressional District of Virginia is
the chosen of the Lord," said the Mar-
ion American. Most significant, but
of what? And what would Teddy
think of it—Teddy who has just called
his banner for the Lord to rally around
his banner for the Lord to rally around
the corrupt Republican party, who
the leaders of which is Bascom Slomp?

Random Comments on "Down Home" Views

The North Carolina press, like that
of the country generally, approves the
stand of President Wilson that the
question is a State and not a
national question. These who have
commented upon the latest "stomach-
ing" of the White House are outspoken
in approval.

Speaking more lightly, the Northern
Sun remarks: "The stragglers have
told President Wilson that he is kind
to them, but that they have reached
the point where they are not satisfied
with kindness. Storm of applause from
the English militants?"

President Fairfax Harrison, of the
Southern Railway seems to be making
himself popular in North Carolina
and elsewhere. Says the Lexington Dis-
patch: "It is encouraging to note that
President Fairfax Harrison and the
men behind him have faith in the
South. We have been preaching for
many years the doctrine that in the
South there will take place the great-
est development along industrial and
agricultural lines that this country has
ever known, and the fact that men of
wisdom and foresight have taken the
same view of it is very pleasing to us.
The Southern Railway, we know, and
it is on their knowledge of the
conditions that they act. The things
we have been prophesying are just as
certain of fulfillment as anything earthly
can be."

"But if the people did not want these
changes in their national laws they
should not have put the Democrats in
power," observes the Durham Herald.
"The people do want these changes,
and they are going to put the Demo-
crats in power again to complete the
job."

"People ought to learn the difference
between a legalized primary and a
legal election," and should learn to
distinguish between a constitutional form
of government and a dummy form
which goes under that name," says
the Wilmington Star. They will learn
and much sooner than the politicians
think.

North Carolina newspapers have no
consideration whatever for the Tarheel
calamity howlers. For instance, the
Lexington Dispatch publishes this:
"The manufacturers of cotton goods in
reduction in tariff rates would im-
mediately make cotton factories spring
up like mushrooms in foreign coun-
tries, to wit: out, by competition, those
in this country, although that is the
fact that produces the cotton cannot man-
ufacture it as cheaply, and that foreign
labor can do as much as American
labor and receive much less for it, have
certainly not been able to prove their
case so far. In fact every cotton man
they receive a jolt. For instance, the
American cotton manufacturers will
no longer have to compete with Hong
Kong trade in piece goods and yarns.
The manufacturers of cotton goods in
Hong Kong has been abandoned. This
abandonment has not resulted from only
a brief test, but comes after fifteen
years of arduous work in effort to
shake the spinners of cotton yarn and
the weavers of cotton piece goods to
success. Plenty of capital was at hand,
and European experts put their heads
together in efforts to bring about suc-
cess, but had to finally give up the
proposition as a bad one."

Two at One Trick.

"Let me plow this field."
"Thanks."
"I'm canvassing this district for
Congress," said the willing worker, af-
ter plowing the field. "Do you own
this fine farm?"

"Oh, no," replied the other man.
"I'm the candidate on the other ticket."
The farmer has gone to town, but I
assured him the field would be plowed
and the time he got back.—Kansas City
Journal.

THE PUBLIC PULSE

Editorial Expressions from Leading
Newspapers.

Ante Up a Little More.
From New York is reported the ten-
tative expectation of selling eggs by
weight instead of by the dozen. Prob-
ably the only difference will be that in
times of scarcity and dubious quality
"strictly fresh eggs" will sell at \$1
a pound instead of 60 cents a dozen.
Any change almost invariably means
that the consumer pays a little more.
—Providence Journal.

To Lead Forward Albania.
Byron went to Greece, and died there.
Williams will go to Albania, and we
trust he will long survive and be able
to do all his success in infusing a
really patriotic spirit among his
friends whom he would deliver from
the system of murder which William
of Wied and the great powers are
forced upon that unhappy and highly
vulnerable country. One can only hope
when George Fred managed to
assimilate so much information about
the Albanians.—Philadelphia Record.

Honorary Degrees.
The 1914 harvest of honorary de-
grees has been about as abundant as
usual. The larger universities have
awarded the honors on men of na-
tional or international prominence,
while lesser men have been honored
by lesser colleges. It is a pleasant
and harmless pastime.

The chief objection is that the titles
are altogether meaningless. The de-
gree of LL. D. is universally consid-
ered the highest honor that can be
bestowed by an American university.
It is given with a naive disregard of
whether or not its recipient has any
knowledge of law. The same may be
said of Oxford's D. C. L., which has
been handed to American Ambassadors
and given with a naive disregard of
whether or not its recipient has any
doctor of common law held by men
who have never made a study of law
is sufficiently incongruous.—Cleveland
Plain Dealer.

Speed vs. Stamina.
Britons, as a rule, do not go as
fast as Americans, but they go long-
er. Very few distinguished Americans
can run a mile in less than four min-
utes in public life and in sports
when past their nineteenth year. The
late Earl of Wemyss could do this. He
was given with a naive disregard of
whether or not its recipient has any
doctor of common law held by men
who have never made a study of law
is sufficiently incongruous.—Cleveland
Plain Dealer.

Voice of the People

Suffragists at the White House.
To the Editor of The Times-Dispatch:
Sir,—In an editorial in your issue of
July 3, commenting upon a statement
by Miss Alice Paul in regard to the
position of the President of the United
States, you referred to the "un-
sought" interview. The President
Congressional Union, who called upon
the President on the date fixed by him,
as "women hecklers," and stated that
the President "terminated" the "un-
sought" interview.

As a matter of fact, the interview
was terminated by the visitors through
their spokesman, Mrs. Harvey Wiley,
upon receiving the President's
reply to their question. The President
received the deputation graciously; he
listened attentively to what the women
had to say; and, when they parted,
expressed expressions of appreciation
from the fact that they had been
from the interview accorded them, and
of the part of the President of his pleasure
in receiving the representatives of
the "large body of thoughtful women."
The President's "thoughtful" and
as for the interview being "unsought,"
the President is hardly supposed to
"seek" interviews with his people, but
his people are supposed to go to him.
In this instance, the President's
willingness to receive the 500 mem-
bers of the General Federation of Women's
Clubs, but he himself fixed the date.
It seems strange that the of-
fensive term "heckler" should be ap-
plied to a large body of women who,
in a dignified manner, brought their
cause before our country's highest ex-
ecutive.

Editorial further states: "We are
glad that Virginia suffragists have
shown the wisdom to go on record
against it" (the Federal amendment).
The Virginia suffragists wish to re-
ceive the franchise through their State.
They believe in the right of the State
to confer the franchise upon them, but
they do not believe that the State has
the right to withhold it any longer.
Any reason for not enfranchising
any class of people is a denial of the
principle that they are mentally or morally
incompetent to vote. No one claims
that women are mentally or morally
incompetent to vote. They only claim
that the franchise should be given to
all citizens, and that the State has
the right to withhold it any longer.
The Virginia suffragists wish to re-
ceive the franchise through their State.
They believe in the right of the State
to confer the franchise upon them, but
they do not believe that the State has
the right to withhold it any longer.

Virginia suffragists, however, still
have faith in their own State. They
have shown great patience in not es-
cusing the cause of the "Federal
amendment," for twice has their State
Legislature endeavored to humiliate
them by jeering at their petition for
the suffrage. Under such conditions,
how long would man's patience endure,
and how long would he place States
rights above the rights of women?
I trust the loyal women of Virginia
and of the other Southern States will
not be tried too far.

Richmond, July 3, 1914.

Missing.
To the Editor of The Times-Dispatch:
Sir,—We have the "new freedom"
any day now. What has happened to
the "new nationalism"? What has
become of the "new nationalism"? What
has happened to the "new nationalism"?
It has been kicked into splinters by the
votes of the sovereigns.

Richmond, Va., July 5, 1914.

Dependents Cannot Be Independent.
To the Editor of The Times-Dispatch:
Sir,—Theodore Roosevelt's decla-
ration that he must resign as editor
of the Outlook in order to devote him-
self to the patriotic service of fighting
Woodrow Wilson is a declaration of
the double standard of the policy ap-
proved by the majority of the Ameri-
can people are fatal to free govern-
ment, and that there is only one man
in the United States who can save the
nation from itself. It is this man, more
than worshiped precedence that he
may oppose a third term for Roosevelt,
and will make me oppose a third term
for anybody. When this great nation
cannot exist in independence except by
the efforts of one man, then it is time
for us to lose our independence. We
are not deserving of it.

PLAIN COUNTRYMAN.

Waverly, Va., July 4, 1914.

Dr. Brady's Health Talks

Fashion a Factor of Bad Health.

In at least three details of fashion-
able dress we have ample reason for
complaint against the decrees of the
arbitrary Dame. Hats for the male
slaves, and corsets for the female
slaves, and shoes for all the slaves of
Miss Fashion, give the skin spec-
ialists, the specialists for women, and
the orthopedic specialists altogether
too much work to do.

These days of gymnastic dances
and outdoor recreation, the woman
here and there goes uncorseted, her
heavy-harnessed sisters are pretty
sure to criticize the departure. Yet it
is not that the corset has done
and still does much harm to the health
of women.

Common Sense No Match for Fashion.
Likewise a youth who ventures
forth in the name of the fashion for
the sake of his failing, exposing himself to all sorts
of uncomplimentary gibes from his
weaker brethren who wear just what
their fathers order. Nevertheless,
there is no other reasonable excuse
for the limitations of balance to the
male; his hat deserves the blame.

Most of us are plastic as putty in
the hands of the shoe clerk. We en-
ter a shop with the idea that we are
going to buy a pair of shoes that will
fit our feet. The clerk sells us the
latest thing, and if our feet fail to
fit the shoes, so much the worse for
our feet.

If there is a factor of suffering for
people of both sexes and all ages,
that could be avoided by indepen-
dence of the dictates of fashion, it is
broken ankles and related evils. The
millions are due to incorrectly
shaped shoes.

Tendency to Improvement in Fashion.
Fortunately there is apparently an
effort on the part of the present-day
shoe manufacturers and corset man-
ufacturers to consider the require-
ments of health in designing their
products. Women's corsets are in-
comparably better than they were a
generation ago. Shoes are gradually
heaving around to the straight inside
line. Bunion are becoming unfash-
ionable, and corsets are scarcely to be
mentioned in polite society.

Why should a child with normal
feet attempt to remodel those feet to
suit the ideas of a shoemaker? Why
should a young man with a thicket of
hair wear a garment that is in pleas-
ure to a general protector in pleas-
ant weather? Why should a woman
without deformity increase her
weight in a spinal brace and abdominal
supporter?

Because it is the fashion.

Questions and Answers.
Miss E. R. B. writes: Will you
kindly state what difference, if any,
there is between an oculist and an op-
thometrist?

Reply: An oculist is a physician, a
legally qualified doctor of medicine,
who devotes his attention wholly to the
eye. An optometrist is not a physician,
but a man who holds himself out as
being able to prescribe and furnish
spectacles.

Despondent writes: I have stom-
ach trouble so bad that I am unable
to work. I have a family to support,
and things look pretty gloomy. I
have always tried to take good care
of myself. Never drank, smoked or
used any other bad habit. This
trouble started over a year ago. I
have lost weight and strength. It
seems to be a very obstinate form
of dyspepsia, kind of a nervous dyspep-
sia. I don't know what to do. Will you
suggest a good diet?

Reply: I haven't any knowledge of
your case. "Stomach trouble" and
"nervous dyspepsia" both sound vague.
What Dr. Brady will not prescribe
for individual cases or make diag-
noses. Address all letters to Dr. Wil-
liam Brady, care of The Times-Dis-
patch.

What Was News Fifty Years Ago

From the Richmond Dispatch July 6, 1864.

The Fourth of July has come and
gone, and still the grand Army of the
Potomac is no nearer to Petersburg
than it was before. Indeed, we are
assured that on yesterday, when it
was reported that Grant's army would
have made a heavy assault and de-
mand a surrender of the place, he was
less demonstrative than usual, and
contented himself with throwing a few
shots for the purpose of showing the
women and children. At one time, to-
day the shelling was quite rapid,
but during a portion of the day ev-
erything was quiet.

A dispatch from Petersburg, dated
the night of the 4th, says: "The enemy
is still in front at all points of the old
lines, though, doubtless, some of their
forces have been sent away, probably
to the north side of the Appomattox
River or to Washington city."

At every point on the enemy's lines
the night of yesterday morning there
were displayed and their hands
were kept playing incessantly all the
livelong day.

In the fight with the raiders at Sap-
pony Church, 700 prisoners were taken
and sent on to the prison in
Georgia. The losses and prisoners of
these raiding affairs beyond Petersburg
in prisoners alone may be safely es-
timated at 1,200. We also captured many
hundred small arms and 20,000 rounds
of ammunition. Fully 3,000 men were
sent into the hands of the Confederates.

The Chicago Times, in an editorial
article, estimates Grant's losses in killed
and wounded north of James River
at 70,000, Sherman's loss at 45,000, and
the total Federal loss since April 1 at
185,000 men.

Peter Bashaw, the last surviving
Revolutionary soldier in Tennessee,
died in Nashville last week, aged 161
years.

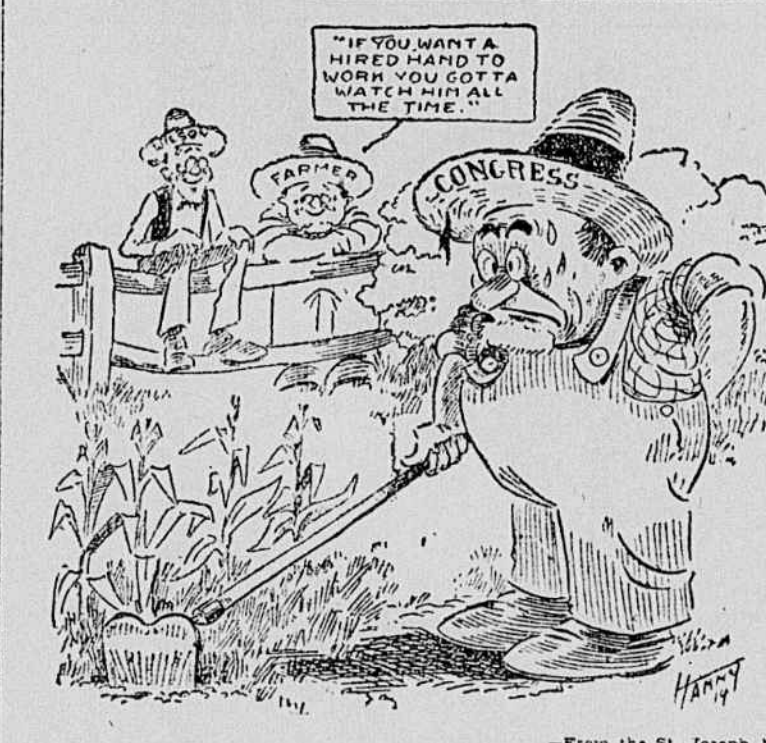
Pro Patria.
Great is thy gift, most noble heart,
Thou to the country dost impart,
And children's children shall inquire
Thee, the forest, in attire
Of verdant rocks and wooded hills,
The mountain sides and flowing hills.
For us it is, the people say,
Where we can run and romp and play,
And camp and fish and roam about,
And dream of the merry days of yore.
Then to the children this reply:
These valleys and these mountains
high.

Far beyond the human eye,
Catholics, Protestants, Jews and
of a fair lady who would lift
In company with Uncle Sam.
Our thoughts above a mere "I am."
This lady fair of fair birth,
Hath kept this gift sublime in store
For you and me, and for all
And she your love and mine hath
won.

—Edwin N. Andrews, in Columbia State.

What Every Farmer Knows

ONE OF THE DAY'S BEST CARTOONS.



—From the St. Joseph News.

Exercise Your Flesh Away

BY LILLIAN RUSSELL.

[Copyright, 1914, by Lillian Russell.]
When the field of exercise for re-
ducing weight is entered one finds that
many of the exercises for adding flesh
have an opposite effect when taken
with more violence for a contrary pur-
pose. Exercise is nature's method of
keeping the body and health in nor-
mal condition, and whatever is ab-
normal tends to be so under the stimu-
lus of regular exercise.

Certain exercises are, of course, espe-
cially valuable in reducing flesh, and
among these is walking, which is of
practical value, unless indulged
in correctly and briskly, and is con-
sidered in its results if practiced regu-
larly, breakfast in the morning. Indeed,
practically all exertion tending to pre-
vent or remove obesity should be
taken in the mornings.

One of the afflictions of an over stout
person is a high abdomen, and an
excellent exercise for the correction
of this is to lie flat on the back and
raise the legs several times, alter-
nately, not as high as it will go, but
slantwise from the body, which is more
of a tax upon the muscles. Another
exercise for the same purpose is to
stand on tiptoe and elevate the arms,
at the same time stretching the body
to a tension.

Pat that interferes with comfortable
locomotion clings about the waist and
legs, and severe massage helps to re-
move it, as well as to strengthen the
muscles and tone up the circulation.
Of the many exercises designed to
bring about the same result one shows
how a chair may be rested against
one hip while the body swings for-
ward and back, and the side, when
the chair may be brought around to
the other side and the same movement
gone through. Indian clubs and dumb-
bells are useful in taking this exer-
cise, as they afford both balance to the
body and extra strain upon the mus-
cles. The exercise is so severe that the num-
ber of movements should be increased
gradually from three to ten.

Even more efficacious, and as simple
as it is fatiguing, is the exercise in
which toes